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(2) The enforcement of the foregoing regulations shall be under the direction of the president of the State board of health, who is hereby authorized and directed to determine when the necessity may arise to enforce and carry out said regulations.

MAINE.

Communicable Diseases—Notification of Cases—Quarantine—School Attendance—Libraries—Disinfection—Funerals. (Reg. Bd. of H., Jan. 26, 1916.)

RULE 1. *Definitions.*—Unless specifically provided herein, the following words and terms used in these rules and regulations are defined for the purposes thereof as follows:

(1) The term “infectious or contagious diseases” is used simply in the sense of “communicable diseases.” No effort is made to differentiate between the meaning of infectious and contagious.

(2) The word “town” means and includes city, town, or plantation.

(3) The term “local board of health” means and includes the local board of health and the executive officer of the board, whether the medical health officer when one has been appointed, or the secretary when there is no health officer.

(4) The term “health officer” means and includes the executive officer, or any duly authorized agent of the board.

(5) The term “householder” means and includes the parents, guardians, caretakers, or other persons who have charge of children or minors, or of the household or of a number or group of persons who dwell together or have their lodging or board together, and to the keeper, superintendent, manager, or other person who has charge of an almshouse, workhouse, house of correction, jail, prison, hospital, boarding school, camp, or other institution; it also means and includes the master or other commanding officer of a ship or steamboat.

RULE 2. *Notifiable diseases.*—The following diseases are declared to be notifiable diseases:

Anthrax.
Cerebrospinal meningitis, epidemic.
Chicken-pox.
Cholera, Asiatic.
Diphtheria (membranous croup).
Dysentery, amebic or bacillary.
Epidemic or septic sore throat.
German measles.
Glanders.
Leprosy.
Measles.
Mumps.
Ophthalmia neonatorum.

Paratyphoid fever.
Pellagra.
Plague.
Poliomyelitis, acute anterior (infantile paralysis).
Rabies.
Scarlet fever.
Smallpox.
Tetanus.
Trachoma.
Typhoid fever.
Typhus fever.
Whooping cough.

RULE 3. *Physicians to report cases.*—When any physician knows or has reason to believe that any person whom he has called to visit, or who visits or consults him, is infected with any of the diseases in rule 2, such physician shall forthwith give notice thereof to the local board of health or to the health officer of the town in which such person lives. Such report shall be by telephone when practicable and shall include the full name, age, and address of the persons affected, together with the name of the disease.

RULE 4. *Householders to report cases.*—Whenever any householder knows or has reason to believe that any person within his family or household has any of the diseases listed in rule 2 he shall within 24 hours give notice thereof to the health officer or the secretary of the local board of health of the town in which he resides, and such report shall be by telephone, when practicable, and shall also be made in writing.

RULE 5. Reports to State board of health.—The secretary or executive officer of each local board of health shall report promptly to the State board of health upon blanks furnished by the State board of health for that purpose, and at such times and in such manner as is provided by those blanks, all cases and outbreaks of the diseases which are enumerated in rule 2.

RULE 6. Quarantine.—The following degrees of quarantine or control shall be carried out in all cases of infectious or contagious diseases which the State board has declared or may declare notifiable or quarantinable: Full quarantine, modified quarantine, and observations.

Full quarantine.—Full quarantine is defined to mean and include:

(a) Strict isolation of the person sick and of those attendant upon him in a room or rooms screened against flies and mosquitoes in the months when those insects are around.

(b) Absolute prohibition of entrance to or exit from the building, or in case of buildings of proper construction from the isolated apartment, in which the sick person is confined except the attending physician, health authority, or any person or persons specially authorized by the health authorities to enter or to leave the building.

(c) Persons affected with any of the following diseases shall be placed under full quarantine: Cholera (Asiatic), plague, smallpox, and typhus fever.

Modified quarantine.—Modified quarantine is defined to mean and include:

(a) Complete separation of the person sick and of those attendant upon him from all other persons in the building or on the premises, in a room screened when practicable against flies and mosquitoes during those months in which those insects are active.

(b) Prohibition of entrance into or exit from the building in which the sick person is confined, except as the local board of health may permit under rule 9.

(c) Persons affected with any of the following diseases shall be placed under modified quarantine: Anthrax, cerebrospinal meningitis, diphtheria (membranous croup), dysentery, epidemic or septic sore throat, glanders, leprosy, measles, paratyphoid fever, poliomyelitis, scarlet fever, and typhoid fever.

Observation.—Observation is defined to mean and include:

(a) The inspection from time to time by the officers or agents of the local board of health of a person suffering from or affected with an infectious or contagious disease, or a disease which may be notifiable under the rules and regulations of the State board of health, and not subject to the regulations for full quarantine or modified quarantine.

(b) The supplying of information and advice, printed or otherwise, to such persons relative to the measures for the care of the sick and the prevention of the spread of infection. The health officer or local board of health shall exercise such a degree of supervision and control over such persons as may be deemed necessary to prevent their becoming dangerous to the public.

(c) Persons affected with any of the following diseases shall be placed under observation: Chicken-pox, German measles, mumps, ophthalmia neonatorum, pellagra, rabies, tetanus, trachoma, and whooping cough.

When persons or a house, building, or place has been put under full quarantine, modified quarantine, or observation by a local board of health, no person quarantined or persons within the quarantined area shall leave it, and no person outside shall enter it, nor shall they do anything which is in violation of the definition of that degree of quarantine which may be in force in the given place or area, nor shall they do anything in disobedience of the orders or regulations of the local board of health.

RULE 7. Contacts and suspects.—Persons who have been exposed to an infectious or contagious disease, or who are suspected of having an infectious or contagious disease, or of being infectious or the carriers of infection, may be placed under quarantine or observation as is provided in rule 6 until the period of incubation has elapsed, or until the nature of the disease has been determined, or the period of infectiousness and

danger to the public has ended; and said persons shall obey all orders and shall be guided by the instructions which may be given by the local board of health.

RULE 8. *Children.*—When the well children who remain in the same home with those who are sick under quarantine or under observation, are permitted by the local board of health to play in their own yard, they shall be kept off the streets and from all places outside of their premises and it shall be the duty of their parents, guardians, or other persons under whose charge they are, to keep said children within their own yards or on their own premises. Parents, teachers, or other guardians of children in other homes or other places shall not allow the children under their charge to enter houses, premises, or yards which are held under quarantine or observation, nor to play with children or families which are placed under quarantine or observation.

RULE 9. *Adults need not always be quarantined.*—When a person affected with an infectious disease is properly isolated on the premises except in cases of smallpox, plague, typhus fever, or Asiatic cholera, the adult members of the family or household, particularly the wage earners, who do not come in contact with the patient or with his secretions or excretions, unless forbidden by the health officer or local board of health, may continue their usual vocations, provided their vocations do not bring them in close contact or association with children; and provided further that they do not go into other people's homes or attend any public entertainments, clubs, lodges, church services, etc., without permission from the local board of health.

RULE 10. *Quarantine in certain emergencies.*—When any case of diphtheria, epidemic cerebrospinal meningitis, poliomyelitis (infantile paralysis), measles, or scarlet fever is not or can not be properly isolated on the premises and can not be removed to a suitable hospital, it shall be the duty of the health officer to forbid any member of the household from leaving the premises, except under such conditions as he may specify, and except as is provided in rule 20.

RULE 11. *Disregard of quarantine rules.*—In case any of the general provisions for modified quarantine or observation, or any of the orders or regulations of the health officials relating thereto are violated or disobeyed, the local board of health or health officer may enforce full quarantine or modified quarantine, when in the opinion of the local board the public safety requires such action.

RULE 12. *Milkmen, grocerymen, etc.*—When milkmen deliver milk to persons, houses, or premises which are under quarantine, they shall empty the milk into covered containers placed outside the door of said house or premises, or shall deliver the milk in containers which shall not be used again, but shall be burned as soon as they are emptied. They shall not enter such premises nor remove milk bottles, nor take anything else therefrom until the house or premises has been released from quarantine and disinfected and the bottles have been sterilized by boiling. If bottles have been delivered, they shall not be taken from the house until the quarantine has been raised and the bottles have been sterilized in accordance with the instructions of the local board of health.

Grocerymen and other persons delivering merchandise are forbidden to enter such premises or remove packages or other articles therefrom, until such articles have first been boiled or otherwise sterilized under the instructions of the health officer.

RULE 13. *Infectious books, and reports to librarians and superintendents of schools.*—The secretary of the local board of health of each town and city in which there is a public or circulating library shall promptly report to the librarian or owner of said library the names and places of residence of all families in which cases of infectious diseases have appeared, and it shall furthermore be the duty of the local board of health of every town and city to report the same facts to the superintendent of schools or to the teacher of the school in whose district the families belong.

No person shall carry any book or magazine from any public or circulating library to a house or home where there is an infectious or contagious disease, and no person shall return to such library without the permission of the local board of health any book

or magazine which has been in a home when an infectious or contagious disease has been present therein; and until permission is given by the local board of health, librarians, or owners shall allow nothing to be taken to or returned from the places in which such disease exists.

RULE 14. *The duty of teachers.*—It shall be the duty of teachers and of principals of schools to note the condition or the symptoms of their pupils which are suggestive of the onset of a contagious or an infectious disease, and this particularly when a disease of this kind is prevalent or present in the community. Among the symptoms which should excite suspicion are those of a common cold or a cough when measles or whooping cough are around; tonsillitis or sore throat which may mean diphtheria or scarlet fever; or a rash at any time. The teacher or principal shall immediately report to the health officer the condition of any pupil which is suggestive of a contagious or infectious disease and shall exclude such pupil from the schoolroom until he has been seen by the health officer or a physician. The teacher shall furthermore exclude from the schoolroom children from houses in which there is, or recently has been, a contagious or infectious disease until a certificate of readmission is received from the local health department.

RULE 15. *The physician to arrange for precautionary measures.*—It shall be the duty of any physician, immediately upon discovering a case of infectious disease, to secure such isolation of the patient or to take such other action as may be required by the rules and regulations or printed instructions which may from time to time be issued by the State board of health; and all persons in a family, house or place where an infectious disease is found or who has been dwelling or staying therein, shall act in compliance with the advice or instructions which may be received from the physician, until it is modified or annulled by the local board of health.

RULE 16. *The physician to instruct as to the disinfection of excreta in certain diseases.*—It shall be the duty of the physician in attendance on any case suspected by him to be typhoid fever, paratyphoid fever, dysentery, or Asiatic cholera, to give detailed instructions to the nurse or other person in attendance in regard to the disinfection and disposal of excreta. Such instructions shall be given on the first visit, and shall conform to the rules and regulations or printed instructions of the State board of health. It shall be the duty of the nurse or person in attendance to carry out the disinfection in detail until its modification or discontinuance is permitted by the local health officer.

RULE 17. *Physicians shall report cases on dairy farms.*—When a case of typhoid fever, paratyphoid fever, scarlet fever, diphtheria, epidemic or septic sore throat, smallpox, poliomyelitis (infantile paralysis), cerebrospinal meningitis, tuberculosis, or Asiatic cholera exists on any farm or in any dairy, producing milk, cream, butter, or other dairy products for sale, or when it is learned that any person who is employed or has lately been employed or engaged in handling milk or dairy products, or that any of the members of the family of said person is or has recently had any of said diseases, it shall be the duty of the physician in attendance, or who has learned such facts or received such information, to report immediately, and by telephone when practicable, to the local board of health the existence on such farm or dairy of such disease, and said report shall state the nature of the disease, the name of the person who is or has been ill with the disease, the location of the place where such person is or has been ill, and the name of the owner or manager of said dairy premises.

RULE 18. *The duty of the owners or persons in charge of dairy farms.*—When no physician is in attendance, it shall be the duty of the owner or persons in charge of any farm or dairy, producing milk, cream, butter, cheese, or other food products likely to be consumed raw, to report forthwith to the local health officer the name and address and all facts relating to the illness and physical condition of any person who is affected with any disease presumably infectious or contagious, and who is employed or resides

on or in such farm or dairy, or comes in contact in any way therewith or with its products.

RULE 19. *Special reports to the State board of health.*—It shall be the duty of the health officer or local board of health to report immediately to the State board of health the existence of any of the diseases enumerated in rule 17, on any farm or in any dairy producing milk, cream, butter, or other dairy products for sale, together with all facts as to the isolation of such cases, and giving the names of the localities to which such dairy products are delivered.

RULE 20. *Danger of infecting foods.*—When a case of diphtheria, typhoid fever, or paratyphoid fever, or a person who is a carrier of either of these diseases, or when a case of epidemic or septic sore throat, dysentery, epidemic cerebrospinal meningitis, poliomyelitis, scarlet fever or smallpox exists on any farm or in any dairy, producing or handling milk, cream, ice cream, butter, cheese, or other foods likely to be consumed raw, or exists in any home or other place where such foods are produced, handled, or sold, no such foods shall be sold or delivered from such farm, dairy, or other place, except under the following conditions:

- (a) That such foods are not brought into the house where such case exists;
- (b) That all persons coming in contact with such foods eat, sleep, and work wholly outside such house;
- (c) That such persons do not come in contact in any way with such house or its inmates or contents;
- (d) That said inmates are properly isolated and separated from all other parts of said farm or dairy and efficiently cared for; and
- (e) That a permit be issued by the health officer.

RULE 21. *Household pets.*—Householders and those who have the care of the sick shall not allow a cat or a dog in a room where there is a person affected with any infectious disease, and when any of said diseases are present in a house or tenement these animals shall not be allowed to visit other homes. It shall be the duty of the local boards of health to enforce this rule.

RULE 22. *Disinfection.*—After death, removal, or recovery of a person who has been sick with diphtheria, scarlet fever, typhoid fever, tuberculosis, poliomyelitis, cerebrospinal meningitis, smallpox, or any of the diseases for which full quarantine is required, the rooms which have been occupied by the persons infected with these diseases shall, together with their contents, be thoroughly disinfected. All persons, nurses, attendants, and others who have occupied such apartments during the period of quarantine or isolation shall have their clothing disinfected and shall take a disinfecting bath before they are released. All disinfection prescribed in this rule shall be done under the supervision of the local board of health and in accordance with the directions for such work which may be given from time to time by the State board of health.

RULE 23. *Funerals.*—No public funeral shall be held over the remains of any person who has died of diphtheria, scarlet fever, poliomyelitis, cerebrospinal meningitis, or smallpox or any of the other diseases for which full quarantine is required; nor shall the bodies of such persons be taken into any church, chapel, or any other public place. The funerals of persons dying of these diseases shall be strictly private and any persons whose presence is not necessary shall not be present, and no person shall invite unnecessary persons to attend such funerals; and it shall be the duty of undertakers to warn families in cases of death from an infectious disease against a public funeral, and no undertaker shall conduct a funeral in violation of the terms of this rule.